




5 Minutes a Day?

Stress *Less* strategies for busy



The overwhelming majority of Core 4 students admit that regularly practicing relaxation techniques is not a part of daily living, and admit that stress is a  problem

Most students also say that having enough time to relax is a hardship, and this is understandable considering the busy lives we lead.



Let's revisit why relaxation is so important to our overall wellness...

As we discussed in class, making changes can be very stressful...



...so how stressed are you these days?

For a quick check take this test by clicking on the link:

http://www.lessons4living.com/stress_test.htm

We cannot control the stress response



(<http://www.stress.org/problem.htm>)

Please review the stress response information in the Relaxation Section of your class syllabus.

If your book isn't handy, click this link to review information on the effects of stress:

http://www.mbmi.org/pages/mbb_s1.asp

Stress can make us a mess!

To summarize, the body's response to continual stressors can cause:

- weight gain
- cardiovascular problems
(high blood pressure, high cholesterol)
- suppressed immune system
(become sick more often)
- fatigue and depression
- decreased bone and muscle mass

This list is far from where you want to go, so how can you reduce stress and reach your life goals?

Identify your Vital Stress Management Skills

Begin this process by:

Clarifying personal values and daily satisfiers

What matters most to you in life?

- decide what matters most, and then assess whether this aspect of your life is given proper attention
- are you using precious energy in other less important places?
- less meaningful activities should be eliminated to lighten your physical and emotional load

Vital skills



Develop and nurture rewarding relationships

- A social support network is a powerful personal resource
- Spend time with people who you enjoy and who make you feel good
- Distance yourself from destructive relationships

Vital skills

Participate in a regular exercise program

Exercise, one of the 4 Cores to this program, is essential to your health and to weight loss success. If you are having difficulty getting into the action phase, please come see us for some individual support and planning to get you out and moving toward your fitness goals.



Vital skills



High-performance nutrition

Modifying what, and how we eat can be a work in progress. If you feel challenged in this area the dietitian is always available to meet with you and assist you in your nutritional planning and goals.

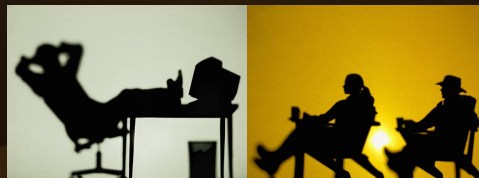
For an individual appointment please call DSN 430-7322



You CAN control reversing the stress response

Get in the relaxation habit!

Ideally, 15 minutes of relaxation response each day is a great way to reduce the harms of stress. If this goal seems too far out of reach, practicing a relaxation technique *for **just 5 minutes a day*** will help to combat the stress effect.



Relaxation breathing can be done anytime, anywhere. You already have the tools to practice relaxation breathing, so just do it!

Instructions for the Relaxation Response are located in your class handouts. For a quick review, click on this link:

http://www.mbmi.org/pages/mbb_rr2.asp

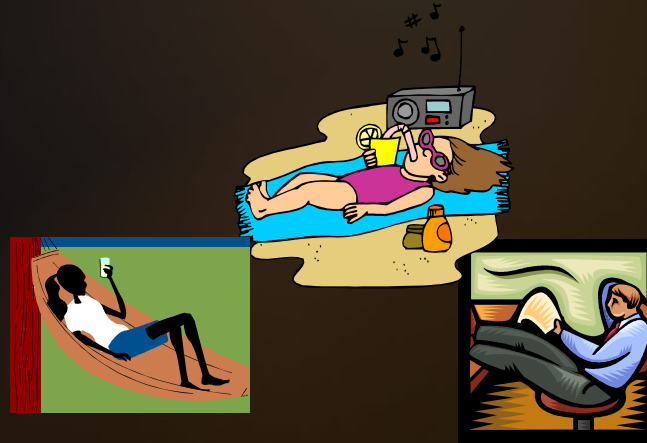
*Controlling stress improves our outlook on
life,
and empowers us to achieve success*



“A strong positive mental attitude
will create more miracles
than any wonder drug.”

~ Patricia Neal

We understand that each person is unique,
with different needs.



*Finding the best relaxation technique
is a lot like trying on shoes – some are just
more comfortable than others.*

For an individual relaxation consultation,
please call the Nurse Educator at DSN 430-
4658

References

- The Mind Body Medical Institute. (n.d.). The stress response. Retrieved August 25, 2005, from http://www.mbmi.org/pages/mbb_s1.asp
- The Mind Body Medical Institute. (n.d.). The relaxation response. Retrieved August 25, 2005, from http://www.mbmi.org/pages/mbb_rr2.asp

*Stop by on Walk-in Wednesdays
between 0800 – 1700 ☺*



Next week:

